



VIJAYANAGARA SRI KRISHNADEVARAYA UNIVERSITY
Jnana Sagara Campus, Vinayakanagara, Cantonment,
BALLARI - 583 105.

Department of PHYSICAL EDUCATION AND SPORTS SCIENCES

Programme Outcomes (POs):

At the end of the programme students will be able to:

PO1:

Domain knowledge: Apply the knowledge of basic sciences that may be relevant and appropriate to physical education and sports sciences leading to solution of complex sports related issues and problems

PO2:

Problem analysis: Ability to Identify, define the actual requirements, formulate, research literature, and analyze complex physical education and sports sciences related problems to reaching substantiated conclusions

PO3:

Design/Development of Solutions: Ability to design, implement, and evaluate process or program to meet desired needs in the field of physical education and sport sciences.

PO4:

Individual and team work: Ability to function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings to accomplish a common goal.

PO5: Ethics: Understanding of professional, ethical, legal, security, social issues and responsibilities in teaching, learning and evaluation

PO6: Communication: Ability to communicate effectively among a range of audiences/ stakeholders

PO7: Impact: Ability to analyze the local and global impact of physical activities and sports and games on individuals, organizations and society

PO8: Professional Development: Recognition of the need for and an ability to engage in continuing professional development

PO9

Identification of Needs: Ability to identify and analyze user needs and take them into account in the selection, creation, evaluation, and administration of physical education and sport sciences programs.

PO10

Integration: Ability to incorporate effectively integrate Science/ Technology/ IT-based solutions to applications

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Course Outcomes (COs):

I Semester

Title of the Course with Code: MPECC 101 RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES


After completion of this course students will be able to

CO	Statement
CO1	Identify the research problem in the field of physical Education and sports
CO2	Know to Summarize the various research literature
CO3	Understand and apply the basics of statistics in research
CO4	Organize the samples and sampling techniques which is relevant to the study.
CO5	Apply the systematic methods in writing research thesis

Title of the Course with Code MPECC 102 EXERCISE PHYSIOLOGY

After completion of this course students will be able to

CO	Statement
CO1	Understand the basic principles of physiology and Exercise Physiology
CO2	Apply the knowledge in the field of physical education and movement activity.


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CO3	Analyze the practical knowledge during the practical situation.
CO4	Remember and recall the definition of physiology and co-relate the principles of physiology
CO5	Appraise the effects during the training and practical sessions

Title of the Course with Code: MPECC 103 FOUNDATION OF PHYSICAL EDUCATION

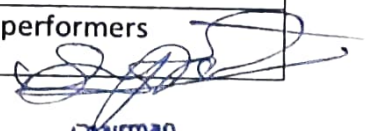
After completion of this course students will be able to

CO	Statement
CO1	Understand the basic principles of Physical Education
CO2	Understand Relationship of Physical Education with General Education.
CO3	Analyse the Philosophical foundation, Society and culture
CO4	Know the Anthropometric differences in physiology
CO5	To the Psychological Foundation of Physical Education

Title of the Course with Code: MPEEC 101 SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

After completion of this course students will be able to

CO	Statement
CO1	Understand training as performance based science
CO2	Explain different means and methods of various training
CO3	Prepare training schedule for various sports and games
CO4	Appraise types of periodisation for performance development
CO5	Create various training facilities and plans for novice to advance performers



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Title of the Course with Code: MPEEC102 SPORTS TECHNOLOGY

After completion of this course students will be able to

CO	Statement
CO1	To enable students to learn the fundamental of sports technology
CO2	To equip the students to learn the technology used in sports
CO3	To understand the different types of playfield surfaces, sports equipments and its advantages
CO4	To understand the different types of playfield surfaces, sports equipments and its advantages

II Semester

Title of the Course with Code: MPECC 201 SPORTS PSYCHOLOGY AND SOCIOLOGY

After completion of this course students will be able to

CO	Statement
CO1	Explain group mechanisms and group psychology in a sports context
CO2	Reflect upon motivational psychology as applied to sports activities
CO3	Formulate relevant constructs of exercise psychology
CO4	Demonstrate the ability to discuss sociological theories, concepts, and ideas in large and small groups and to express empirically as well as theoretically-based opinions.
CO5	To apply core sociological theories to specific social problems in order to analyze social problems



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Title of the Course with Code MPECC 202 SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION

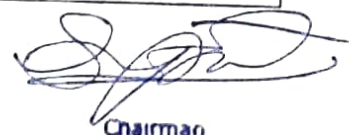
After completion of this course students will be able to

CO	Statement
CO1	Know sports management and employ Know sports management and employ principles of strategic planning, and financial and human resource management.
CO2	Assess marketing needs and formulate short term and long term solutions.
CO3	Conceive, plan, execute, and evaluate a sports event
CO4	Introduce the teaching and curriculum objectives and course module design
CO5	Analyze the planning strategies, teaching, learning and assessment
	Develop strategies to promote quality learning, practice marking and consider methods of course and self-evaluation
	Evaluating learning intentions and the process that is guided through explicit and manageable criteria.

Title of the Course with Code: MPECC 203 APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

After completion of this course students will be able t

CO	Statement
CO1	Understand and apply the statistics in research.
CO2	Organize the samples and sampling techniques which is relevant to the study.
CO3	Apply the statistics in research thesis for evaluation



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Title of the Course with Code: MPEOEC 201 YOGA EDUCATION

After completion of this course students will be able to


CO	Statement
CO1	Understand the basic Concepts of Yoga
CO2	Apply the principles of Yoga to live healthy and active life style
CO3	Promote the awareness of health through yoga
CO4	Analyze the techniques and of body posture to bring out healthy change.

III Semester

Title of the Course with Code: MPECC301 HEALTH EDUCATION AND SPORTS NUTRITION

After completion of this course student should be able to

CO	Statement
CO1	Provide individual advice and guidance in the area of sports nutrition
CO2	To design and run a group consultation for athletes about sports nutrition.
CO3	Restate the role of nutrients and caloric requirements
CO4	Sketch the basic classification, functions and utilization of nutrients.
CO5	Point out diet for various competitions and nutrient supplements for performance
CO6	Evaluate the factors affects weight management and solutions for obesity
CO7	Design caloric requirements for various sports and age groups


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Title of the Course with Code: MPECC 302 SPORTS BIO-MECHANICS AND KINESIOLOGY

After completion of this course students will be able to

CO	Statement
CO1	Identify biomechanical, health, physiological, and psychological limitations to and interventions for improving physical performance.
CO2	Analyze and explain the mechanisms underlying biomechanical, physiological, and psychological changes that occur during after acute and chronic exercise
CO3	Develop physical conditioning programs based on scientific principles designed to develop physical fitness and improve athletic performance
CO4	Understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury.
CO5	Know effectiveness of human movement using mechanical principles

Title of the Course with Code: MPECC 303 EDUCATIONAL TECHNOLOGY IN PHYSICAL EDUCATION

After completion of this course student should be able to

CO	Statement
CO1	To enable students to learn the fundamental of educational technology
CO2	To equip the students to learn the technology used in education
CO3	To understand the different types of playfield surfaces, sports equipments and its advantages.
CO4	To familiarise the students with the latest technology involved in sports and games.

Title of the Course with Code: MPEOEC301 PHYSICAL FITNESS AND WELLNESS

After completion of this course student should be able to

CO	Statement
CO1	Discuss research from a multidisciplinary perspective relative to current issues in physical activity and health
CO2	Apply qualitative research methods to explore and critically examine a variety of curricular topics
CO3	Demonstrate application of relevant research and theory to a contemporary issue in physical activity and exercise science
CO4	Explain the contemporary issues and to pertaining to the physical activity and health field.

IV Semester

Title of the Course with Code: MPECC401 TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION


After completion of this course student should be able to

CO	Statement
CO1	Understand the Test, Measurement and Evaluation in physical education, Health and Fitness.
CO2	Know about the different types of test for different sports and games
CO3	Apply the tests in minor research areas
CO4	Analyse the performance and movements in the field of sports
CO5	Evaluate the battery test and others tests prescribed by the government efficiently

Title of the Course with Code: MPECC 402 ATHLETIC CARE AND REHABILITATION

After completion of this course student should be able to

CO	Statement
CO1	Understand the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes.
CO2	Demonstrate the basics of sport first aid during and after game situation
CO3	Recognise and appropriately treat common sports injuries and conditions from onset through rehabilitation
CO4	Identify and apply knowledge of anatomy to the design and execution of research studies.


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Title of the Course with Code: MPEEC 401 VALUE AND ENVIRONMENTAL EDUCATION

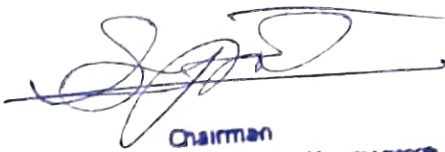
After completion of this course student should be able to

CO	Statement
CO1	The main focus would be to learn the relationships between sports and the environment interactions.
CO2	To learn the effects of environment on sports
CO3	To learn the effects of training in different environment

Title of the Course with Code: MPEEC402 SPORTS JOURNALISM AND MASS MEDIA

After completion of this course student should be able to

CO	Statement
CO1	Introduction to media and sports
CO2	Journalism and sports education
CO3	To know the role of Mass Media in sports


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